

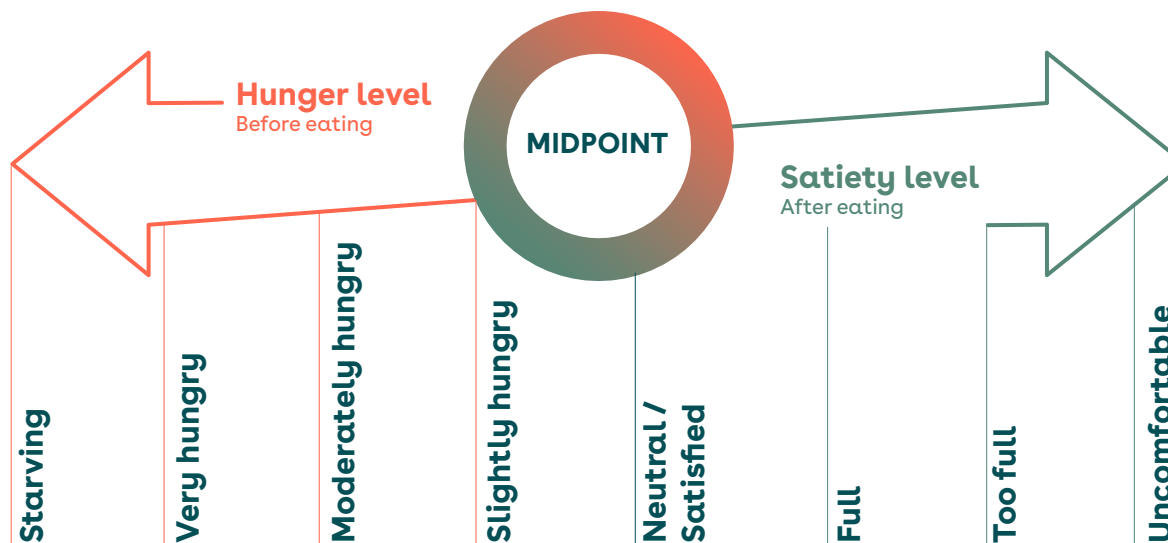


How do I fill out my food journal?

Record your meals and snacks for the day using the food journal on the next page. If you need inspiration, you can refer to the two (2) examples and the hunger scale shown here.

TIME / PLACE	FOOD(S) AND DRINK(S) + AMOUNT(S)	COMMENT(S)
example: ⌚ 8:00 📍 In the car	<input type="radio"/> Not hungry <input checked="" type="radio"/> Slightly hungry <input type="radio"/> Moderately hungry <input type="radio"/> Very hungry <input type="radio"/> Starving 1 cup of coffee + 2 creams + 2 sugars + 1 butter croissant (Both from Tim Hortons)	<input checked="" type="radio"/> Still hungry <input type="radio"/> Neutral/Satisfied <input type="radio"/> Full <input type="radio"/> Too full <input type="radio"/> Uncomfortable Woke up late this morning. No time to make breakfast at home. Breakfast not very filling. I'm hungry! My breakfast was bland, my croissant was cold. Not very appetizing!
example: ⌚ 10:00 📍 At the office	<input type="radio"/> Not hungry <input type="radio"/> Slightly hungry <input type="radio"/> Moderately hungry <input checked="" type="radio"/> Very hungry <input type="radio"/> Starving 1 homemade oatmeal cookie 1 apple	<input type="radio"/> Still hungry <input checked="" type="radio"/> Neutral/Satisfied <input type="radio"/> Full <input type="radio"/> Too full <input type="radio"/> Uncomfortable I'm proud of myself for bringing snacks from home instead of buying food from the vending machine. This snack was satisfying and enjoyable. I'll be good until dinner.

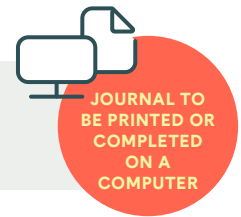
The hunger scale



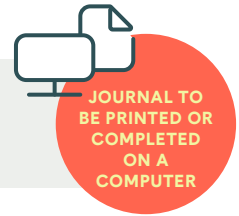
FOR MORE INFORMATION, SEE THE FULL VERSION OF THE HUNGER SCALE.



TIME / PLACE	FOOD(S) AND DRINK(S) + AMOUNT(S)	COMMENT(S)
<p>🕒 :</p> <p>📍</p>	<ul style="list-style-type: none"> <input type="radio"/> Not hungry <input type="radio"/> Slightly hungry <input type="radio"/> Moderately hungry <input type="radio"/> Very hungry <input type="radio"/> Starving 	<ul style="list-style-type: none"> <input type="radio"/> Still hungry <input type="radio"/> Neutral/Satisfied <input type="radio"/> Full <input type="radio"/> Too full <input type="radio"/> Uncomfortable
<p>🕒 :</p> <p>📍</p>	<ul style="list-style-type: none"> <input type="radio"/> Not hungry <input type="radio"/> Slightly hungry <input type="radio"/> Moderately hungry <input type="radio"/> Very hungry <input type="radio"/> Starving 	<ul style="list-style-type: none"> <input type="radio"/> Still hungry <input type="radio"/> Neutral/Satisfied <input type="radio"/> Full <input type="radio"/> Too full <input type="radio"/> Uncomfortable
<p>🕒 :</p> <p>📍</p>	<ul style="list-style-type: none"> <input type="radio"/> Not hungry <input type="radio"/> Slightly hungry <input type="radio"/> Moderately hungry <input type="radio"/> Very hungry <input type="radio"/> Starving 	<ul style="list-style-type: none"> <input type="radio"/> Still hungry <input type="radio"/> Neutral/Satisfied <input type="radio"/> Full <input type="radio"/> Too full <input type="radio"/> Uncomfortable
<p>🕒 :</p> <p>📍</p>	<ul style="list-style-type: none"> <input type="radio"/> Not hungry <input type="radio"/> Slightly hungry <input type="radio"/> Moderately hungry <input type="radio"/> Very hungry <input type="radio"/> Starving 	<ul style="list-style-type: none"> <input type="radio"/> Still hungry <input type="radio"/> Neutral/Satisfied <input type="radio"/> Full <input type="radio"/> Too full <input type="radio"/> Uncomfortable
<p>🕒 :</p> <p>📍</p>	<ul style="list-style-type: none"> <input type="radio"/> Not hungry <input type="radio"/> Slightly hungry <input type="radio"/> Moderately hungry <input type="radio"/> Very hungry <input type="radio"/> Starving 	<ul style="list-style-type: none"> <input type="radio"/> Still hungry <input type="radio"/> Neutral/Satisfied <input type="radio"/> Full <input type="radio"/> Too full <input type="radio"/> Uncomfortable
<p>🕒 :</p> <p>📍</p>	<ul style="list-style-type: none"> <input type="radio"/> Not hungry <input type="radio"/> Slightly hungry <input type="radio"/> Moderately hungry <input type="radio"/> Very hungry <input type="radio"/> Starving 	<ul style="list-style-type: none"> <input type="radio"/> Still hungry <input type="radio"/> Neutral/Satisfied <input type="radio"/> Full <input type="radio"/> Too full <input type="radio"/> Uncomfortable



TIME / PLACE	FOOD(S) AND DRINK(S) + AMOUNT(S)	COMMENT(S)
<p>🕒 :</p> <p>📍</p>	<p><input type="radio"/> Not hungry</p> <p><input type="radio"/> Slightly hungry</p> <p><input type="radio"/> Moderately hungry</p> <p><input type="radio"/> Very hungry</p> <p><input type="radio"/> Starving</p>	<p><input type="radio"/> Still hungry</p> <p><input type="radio"/> Neutral/Satisfied</p> <p><input type="radio"/> Full</p> <p><input type="radio"/> Too full</p> <p><input type="radio"/> Uncomfortable</p>
<p>🕒 :</p> <p>📍</p>	<p><input type="radio"/> Not hungry</p> <p><input type="radio"/> Slightly hungry</p> <p><input type="radio"/> Moderately hungry</p> <p><input type="radio"/> Very hungry</p> <p><input type="radio"/> Starving</p>	<p><input type="radio"/> Still hungry</p> <p><input type="radio"/> Neutral/Satisfied</p> <p><input type="radio"/> Full</p> <p><input type="radio"/> Too full</p> <p><input type="radio"/> Uncomfortable</p>
<p>🕒 :</p> <p>📍</p>	<p><input type="radio"/> Not hungry</p> <p><input type="radio"/> Slightly hungry</p> <p><input type="radio"/> Moderately hungry</p> <p><input type="radio"/> Very hungry</p> <p><input type="radio"/> Starving</p>	<p><input type="radio"/> Still hungry</p> <p><input type="radio"/> Neutral/Satisfied</p> <p><input type="radio"/> Full</p> <p><input type="radio"/> Too full</p> <p><input type="radio"/> Uncomfortable</p>
<p>🕒 :</p> <p>📍</p>	<p><input type="radio"/> Not hungry</p> <p><input type="radio"/> Slightly hungry</p> <p><input type="radio"/> Moderately hungry</p> <p><input type="radio"/> Very hungry</p> <p><input type="radio"/> Starving</p>	<p><input type="radio"/> Still hungry</p> <p><input type="radio"/> Neutral/Satisfied</p> <p><input type="radio"/> Full</p> <p><input type="radio"/> Too full</p> <p><input type="radio"/> Uncomfortable</p>
<p>🕒 :</p> <p>📍</p>	<p><input type="radio"/> Not hungry</p> <p><input type="radio"/> Slightly hungry</p> <p><input type="radio"/> Moderately hungry</p> <p><input type="radio"/> Very hungry</p> <p><input type="radio"/> Starving</p>	<p><input type="radio"/> Still hungry</p> <p><input type="radio"/> Neutral/Satisfied</p> <p><input type="radio"/> Full</p> <p><input type="radio"/> Too full</p> <p><input type="radio"/> Uncomfortable</p>
<p>🕒 :</p> <p>📍</p>	<p><input type="radio"/> Not hungry</p> <p><input type="radio"/> Slightly hungry</p> <p><input type="radio"/> Moderately hungry</p> <p><input type="radio"/> Very hungry</p> <p><input type="radio"/> Starving</p>	<p><input type="radio"/> Still hungry</p> <p><input type="radio"/> Neutral/Satisfied</p> <p><input type="radio"/> Full</p> <p><input type="radio"/> Too full</p> <p><input type="radio"/> Uncomfortable</p>



TIME / PLACE	FOOD(S) AND DRINK(S) + AMOUNT(S)	COMMENT(S)
 : -----  : -----	<input type="radio"/> Not hungry <input type="radio"/> Slightly hungry <input type="radio"/> Moderately hungry <input type="radio"/> Very hungry <input type="radio"/> Starving	<input type="radio"/> Still hungry <input type="radio"/> Neutral/Satisfied <input type="radio"/> Full <input type="radio"/> Too full <input type="radio"/> Uncomfortable
 : -----  : -----	<input type="radio"/> Not hungry <input type="radio"/> Slightly hungry <input type="radio"/> Moderately hungry <input type="radio"/> Very hungry <input type="radio"/> Starving	<input type="radio"/> Still hungry <input type="radio"/> Neutral/Satisfied <input type="radio"/> Full <input type="radio"/> Too full <input type="radio"/> Uncomfortable
 : -----  : -----	<input type="radio"/> Not hungry <input type="radio"/> Slightly hungry <input type="radio"/> Moderately hungry <input type="radio"/> Very hungry <input type="radio"/> Starving	<input type="radio"/> Still hungry <input type="radio"/> Neutral/Satisfied <input type="radio"/> Full <input type="radio"/> Too full <input type="radio"/> Uncomfortable
 : -----  : -----	<input type="radio"/> Not hungry <input type="radio"/> Slightly hungry <input type="radio"/> Moderately hungry <input type="radio"/> Very hungry <input type="radio"/> Starving	<input type="radio"/> Still hungry <input type="radio"/> Neutral/Satisfied <input type="radio"/> Full <input type="radio"/> Too full <input type="radio"/> Uncomfortable
 : -----  : -----	<input type="radio"/> Not hungry <input type="radio"/> Slightly hungry <input type="radio"/> Moderately hungry <input type="radio"/> Very hungry <input type="radio"/> Starving	<input type="radio"/> Still hungry <input type="radio"/> Neutral/Satisfied <input type="radio"/> Full <input type="radio"/> Too full <input type="radio"/> Uncomfortable
 : -----  : -----	<input type="radio"/> Not hungry <input type="radio"/> Slightly hungry <input type="radio"/> Moderately hungry <input type="radio"/> Very hungry <input type="radio"/> Starving	<input type="radio"/> Still hungry <input type="radio"/> Neutral/Satisfied <input type="radio"/> Full <input type="radio"/> Too full <input type="radio"/> Uncomfortable



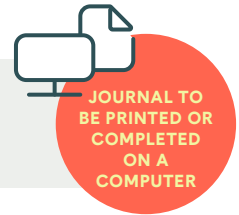
TIME / PLACE	FOOD(S) AND DRINK(S) + AMOUNT(S)	COMMENT(S)
<p>🕒 :</p> <p>📍</p>	<p><input type="radio"/> Not hungry</p> <p><input type="radio"/> Slightly hungry</p> <p><input type="radio"/> Moderately hungry</p> <p><input type="radio"/> Very hungry</p> <p><input type="radio"/> Starving</p>	<p><input type="radio"/> Still hungry</p> <p><input type="radio"/> Neutral/Satisfied</p> <p><input type="radio"/> Full</p> <p><input type="radio"/> Too full</p> <p><input type="radio"/> Uncomfortable</p>
<p>🕒 :</p> <p>📍</p>	<p><input type="radio"/> Not hungry</p> <p><input type="radio"/> Slightly hungry</p> <p><input type="radio"/> Moderately hungry</p> <p><input type="radio"/> Very hungry</p> <p><input type="radio"/> Starving</p>	<p><input type="radio"/> Still hungry</p> <p><input type="radio"/> Neutral/Satisfied</p> <p><input type="radio"/> Full</p> <p><input type="radio"/> Too full</p> <p><input type="radio"/> Uncomfortable</p>
<p>🕒 :</p> <p>📍</p>	<p><input type="radio"/> Not hungry</p> <p><input type="radio"/> Slightly hungry</p> <p><input type="radio"/> Moderately hungry</p> <p><input type="radio"/> Very hungry</p> <p><input type="radio"/> Starving</p>	<p><input type="radio"/> Still hungry</p> <p><input type="radio"/> Neutral/Satisfied</p> <p><input type="radio"/> Full</p> <p><input type="radio"/> Too full</p> <p><input type="radio"/> Uncomfortable</p>
<p>🕒 :</p> <p>📍</p>	<p><input type="radio"/> Not hungry</p> <p><input type="radio"/> Slightly hungry</p> <p><input type="radio"/> Moderately hungry</p> <p><input type="radio"/> Very hungry</p> <p><input type="radio"/> Starving</p>	<p><input type="radio"/> Still hungry</p> <p><input type="radio"/> Neutral/Satisfied</p> <p><input type="radio"/> Full</p> <p><input type="radio"/> Too full</p> <p><input type="radio"/> Uncomfortable</p>
<p>🕒 :</p> <p>📍</p>	<p><input type="radio"/> Not hungry</p> <p><input type="radio"/> Slightly hungry</p> <p><input type="radio"/> Moderately hungry</p> <p><input type="radio"/> Very hungry</p> <p><input type="radio"/> Starving</p>	<p><input type="radio"/> Still hungry</p> <p><input type="radio"/> Neutral/Satisfied</p> <p><input type="radio"/> Full</p> <p><input type="radio"/> Too full</p> <p><input type="radio"/> Uncomfortable</p>
<p>🕒 :</p> <p>📍</p>	<p><input type="radio"/> Not hungry</p> <p><input type="radio"/> Slightly hungry</p> <p><input type="radio"/> Moderately hungry</p> <p><input type="radio"/> Very hungry</p> <p><input type="radio"/> Starving</p>	<p><input type="radio"/> Still hungry</p> <p><input type="radio"/> Neutral/Satisfied</p> <p><input type="radio"/> Full</p> <p><input type="radio"/> Too full</p> <p><input type="radio"/> Uncomfortable</p>



TIME / PLACE	FOOD(S) AND DRINK(S) + AMOUNT(S)	COMMENT(S)
<p>🕒 :</p> <p>📍</p>	<ul style="list-style-type: none"> <input type="radio"/> Not hungry <input type="radio"/> Slightly hungry <input type="radio"/> Moderately hungry <input type="radio"/> Very hungry <input type="radio"/> Starving 	<ul style="list-style-type: none"> <input type="radio"/> Still hungry <input type="radio"/> Neutral/Satisfied <input type="radio"/> Full <input type="radio"/> Too full <input type="radio"/> Uncomfortable
<p>🕒 :</p> <p>📍</p>	<ul style="list-style-type: none"> <input type="radio"/> Not hungry <input type="radio"/> Slightly hungry <input type="radio"/> Moderately hungry <input type="radio"/> Very hungry <input type="radio"/> Starving 	<ul style="list-style-type: none"> <input type="radio"/> Still hungry <input type="radio"/> Neutral/Satisfied <input type="radio"/> Full <input type="radio"/> Too full <input type="radio"/> Uncomfortable
<p>🕒 :</p> <p>📍</p>	<ul style="list-style-type: none"> <input type="radio"/> Not hungry <input type="radio"/> Slightly hungry <input type="radio"/> Moderately hungry <input type="radio"/> Very hungry <input type="radio"/> Starving 	<ul style="list-style-type: none"> <input type="radio"/> Still hungry <input type="radio"/> Neutral/Satisfied <input type="radio"/> Full <input type="radio"/> Too full <input type="radio"/> Uncomfortable
<p>🕒 :</p> <p>📍</p>	<ul style="list-style-type: none"> <input type="radio"/> Not hungry <input type="radio"/> Slightly hungry <input type="radio"/> Moderately hungry <input type="radio"/> Very hungry <input type="radio"/> Starving 	<ul style="list-style-type: none"> <input type="radio"/> Still hungry <input type="radio"/> Neutral/Satisfied <input type="radio"/> Full <input type="radio"/> Too full <input type="radio"/> Uncomfortable
<p>🕒 :</p> <p>📍</p>	<ul style="list-style-type: none"> <input type="radio"/> Not hungry <input type="radio"/> Slightly hungry <input type="radio"/> Moderately hungry <input type="radio"/> Very hungry <input type="radio"/> Starving 	<ul style="list-style-type: none"> <input type="radio"/> Still hungry <input type="radio"/> Neutral/Satisfied <input type="radio"/> Full <input type="radio"/> Too full <input type="radio"/> Uncomfortable
<p>🕒 :</p> <p>📍</p>	<ul style="list-style-type: none"> <input type="radio"/> Not hungry <input type="radio"/> Slightly hungry <input type="radio"/> Moderately hungry <input type="radio"/> Very hungry <input type="radio"/> Starving 	<ul style="list-style-type: none"> <input type="radio"/> Still hungry <input type="radio"/> Neutral/Satisfied <input type="radio"/> Full <input type="radio"/> Too full <input type="radio"/> Uncomfortable



TIME / PLACE	FOOD(S) AND DRINK(S) + AMOUNT(S)	COMMENT(S)
<p>🕒 :</p> <p>📍</p>	<p><input type="radio"/> Not hungry</p> <p><input type="radio"/> Slightly hungry</p> <p><input type="radio"/> Moderately hungry</p> <p><input type="radio"/> Very hungry</p> <p><input type="radio"/> Starving</p>	<p><input type="radio"/> Still hungry</p> <p><input type="radio"/> Neutral/Satisfied</p> <p><input type="radio"/> Full</p> <p><input type="radio"/> Too full</p> <p><input type="radio"/> Uncomfortable</p>
<p>🕒 :</p> <p>📍</p>	<p><input type="radio"/> Not hungry</p> <p><input type="radio"/> Slightly hungry</p> <p><input type="radio"/> Moderately hungry</p> <p><input type="radio"/> Very hungry</p> <p><input type="radio"/> Starving</p>	<p><input type="radio"/> Still hungry</p> <p><input type="radio"/> Neutral/Satisfied</p> <p><input type="radio"/> Full</p> <p><input type="radio"/> Too full</p> <p><input type="radio"/> Uncomfortable</p>
<p>🕒 :</p> <p>📍</p>	<p><input type="radio"/> Not hungry</p> <p><input type="radio"/> Slightly hungry</p> <p><input type="radio"/> Moderately hungry</p> <p><input type="radio"/> Very hungry</p> <p><input type="radio"/> Starving</p>	<p><input type="radio"/> Still hungry</p> <p><input type="radio"/> Neutral/Satisfied</p> <p><input type="radio"/> Full</p> <p><input type="radio"/> Too full</p> <p><input type="radio"/> Uncomfortable</p>
<p>🕒 :</p> <p>📍</p>	<p><input type="radio"/> Not hungry</p> <p><input type="radio"/> Slightly hungry</p> <p><input type="radio"/> Moderately hungry</p> <p><input type="radio"/> Very hungry</p> <p><input type="radio"/> Starving</p>	<p><input type="radio"/> Still hungry</p> <p><input type="radio"/> Neutral/Satisfied</p> <p><input type="radio"/> Full</p> <p><input type="radio"/> Too full</p> <p><input type="radio"/> Uncomfortable</p>
<p>🕒 :</p> <p>📍</p>	<p><input type="radio"/> Not hungry</p> <p><input type="radio"/> Slightly hungry</p> <p><input type="radio"/> Moderately hungry</p> <p><input type="radio"/> Very hungry</p> <p><input type="radio"/> Starving</p>	<p><input type="radio"/> Still hungry</p> <p><input type="radio"/> Neutral/Satisfied</p> <p><input type="radio"/> Full</p> <p><input type="radio"/> Too full</p> <p><input type="radio"/> Uncomfortable</p>
<p>🕒 :</p> <p>📍</p>	<p><input type="radio"/> Not hungry</p> <p><input type="radio"/> Slightly hungry</p> <p><input type="radio"/> Moderately hungry</p> <p><input type="radio"/> Very hungry</p> <p><input type="radio"/> Starving</p>	<p><input type="radio"/> Still hungry</p> <p><input type="radio"/> Neutral/Satisfied</p> <p><input type="radio"/> Full</p> <p><input type="radio"/> Too full</p> <p><input type="radio"/> Uncomfortable</p>



TIME / PLACE	FOOD(S) AND DRINK(S) + AMOUNT(S)	COMMENT(S)
<p>🕒 :</p> <p>📍</p>	<ul style="list-style-type: none"> <input type="radio"/> Not hungry <input type="radio"/> Slightly hungry <input type="radio"/> Moderately hungry <input type="radio"/> Very hungry <input type="radio"/> Starving 	<ul style="list-style-type: none"> <input type="radio"/> Still hungry <input type="radio"/> Neutral/Satisfied <input type="radio"/> Full <input type="radio"/> Too full <input type="radio"/> Uncomfortable
<p>🕒 :</p> <p>📍</p>	<ul style="list-style-type: none"> <input type="radio"/> Not hungry <input type="radio"/> Slightly hungry <input type="radio"/> Moderately hungry <input type="radio"/> Very hungry <input type="radio"/> Starving 	<ul style="list-style-type: none"> <input type="radio"/> Still hungry <input type="radio"/> Neutral/Satisfied <input type="radio"/> Full <input type="radio"/> Too full <input type="radio"/> Uncomfortable
<p>🕒 :</p> <p>📍</p>	<ul style="list-style-type: none"> <input type="radio"/> Not hungry <input type="radio"/> Slightly hungry <input type="radio"/> Moderately hungry <input type="radio"/> Very hungry <input type="radio"/> Starving 	<ul style="list-style-type: none"> <input type="radio"/> Still hungry <input type="radio"/> Neutral/Satisfied <input type="radio"/> Full <input type="radio"/> Too full <input type="radio"/> Uncomfortable
<p>🕒 :</p> <p>📍</p>	<ul style="list-style-type: none"> <input type="radio"/> Not hungry <input type="radio"/> Slightly hungry <input type="radio"/> Moderately hungry <input type="radio"/> Very hungry <input type="radio"/> Starving 	<ul style="list-style-type: none"> <input type="radio"/> Still hungry <input type="radio"/> Neutral/Satisfied <input type="radio"/> Full <input type="radio"/> Too full <input type="radio"/> Uncomfortable
<p>🕒 :</p> <p>📍</p>	<ul style="list-style-type: none"> <input type="radio"/> Not hungry <input type="radio"/> Slightly hungry <input type="radio"/> Moderately hungry <input type="radio"/> Very hungry <input type="radio"/> Starving 	<ul style="list-style-type: none"> <input type="radio"/> Still hungry <input type="radio"/> Neutral/Satisfied <input type="radio"/> Full <input type="radio"/> Too full <input type="radio"/> Uncomfortable
<p>🕒 :</p> <p>📍</p>	<ul style="list-style-type: none"> <input type="radio"/> Not hungry <input type="radio"/> Slightly hungry <input type="radio"/> Moderately hungry <input type="radio"/> Very hungry <input type="radio"/> Starving 	<ul style="list-style-type: none"> <input type="radio"/> Still hungry <input type="radio"/> Neutral/Satisfied <input type="radio"/> Full <input type="radio"/> Too full <input type="radio"/> Uncomfortable